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Yo Re Mi

Bringing music and yoga classes to children throughout
New York City.

Yo Re Mi brings music, movement and mindfulness education to schools, daycares and communities.

Our unique musical yoga program enhances
learning, encourages creativity and
imagination, while promoting whole-child
wellness.

What is Yo Re Mi? Learn about our children's musical yo...



"Yo Re Mi teachers provide a captivating program and have also become an integral part of our school community. If you are looking for a curriculum based yoga and music program with a warm and energetic staff that engages the whole child, Yo Re Mi is for you!"

Kevin Artale - Owner and Executive Director, The Park Preschool

LEARN ABOUT THE BENEFITS

REQUEST A CLASS

The Latest Yo Re Mi News



Strike a Pose: Whale
Mar 11, 2018



Water, water everywhere: Learn the Water Cycle through music, yoga and mindfulness
Mar 4, 2018



Kitchen Drums
Feb 25, 2018



Rainbow Chakra Relaxation
Feb 18, 2018



Strike a Pose: Star
Feb 11, 2018

Get Yoga, Music and Mindfulness Inspiration for Kids and Classrooms!

SIGN UP

Sign up for our monthly newsletter and receive online access to kids yoga, music and special event information.

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